

## **ESOPH, UGI, SBFT**

This sheet will tell you what you can expect when you have one or more of these tests:

- ESOPH = **Esoph**agram
- UGI = **Upper GastroInt**estinal
- SBFT = **Small Bowel Follow Through**

Do not eat or drink anything, including water, after midnight the night before you have any of these tests. You should not smoke the morning of the test(s). A contrast medium called barium is used in all of these tests. Barium is a flavored liquid, like a milk shake. It is used to get a clear picture of the digestive system on x-ray film. When the tests are finished you may be given a laxative. It will help you get rid of the barium. If you drink a lot of water after your test(s), you should have no side effects.

### **ESOPH – Esophagram**

An esophagram is a study of the esophagus. The esophagus is the part of the digestive system that connects your mouth to your stomach. If you have problems swallowing, this test will be done with special attention to your throat. The radiologist will take pictures and use a videotape machine to get moving pictures of your swallowing motions.

### **UGI – Upper Gastrointestinal**

The radiologist will look at your esophagus, stomach, and duodenum. S/he will follow the barium from the moment you swallow it until it travels into your small bowel.

The exam begins with you standing. You will be asked to drink a glass of barium while pictures are taken. The radiologist will then ask you to lie down flat on a table and drink a second glass of barium while more pictures are taken. You may also be given gas-producing granules. These will expand your stomach and give more detailed pictures. When the radiologist is finished, the x-ray technologist will take some more pictures. You will be asked to wait while the radiologist finishes reading the x-rays. This whole process takes one to two hours.

### **SBFT - Small Bowel Follow Through**

The SBFT is an examination of the small bowel (intestine). It is sometimes done after the UGI. You will be asked to drink two cups of barium and a cup of a special small bowel barium. When you have finished drinking the barium, x-rays of the small bowel will be taken, usually at half hour intervals. It takes time for the barium to travel through the small intestine. When it has passed through, the

radiologist will read the film and you may leave. The time this test takes will vary depending on how quickly the barium travels.

In some cases, special studies of the small bowel are done. A small tube is put through the nose or mouth and into the small bowel. The barium is then put through the tube. This lets the radiologist watch the small bowel very closely and take pictures as it fills. The examination usually takes 30 to 60 minutes.

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VA Medical Center  
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